

BRITISH VALUES: All children have the right to thrive in an inclusive and safe environment. To do this we must help our children establish a pattern of healthy mental, emotional, social and physical wellbeing which can sustain them into adult life.

The Worry Wizard®; Mental Health & Wellbeing

People are always stronger Together. And at Bigfoot we are no exception... We are therefore delighted to be joining forces with 'The Worry Wizard', Amy Smythe, an accredited counsellor and psychotherapist with the BACP. Amy boasts over fifteen years of experience helping children develop tools to manage Worries before they become more significant mental health issues that can seriously affect a young person's mental Wellbeing.

"It is widely recognised that early intervention in children's mental health significantly reduces both the scale and duration of support required."

The menu of programmes we have developed together is for EVERYONE. Everyone has Worries, and so everyone can benefit from this unique opportunity. Coupling the therapeutic techniques developed by Amy, with Bigfoot's own creative approach to working, this proven method of managing children's emotional Wellbeing is now available to all schools wanting to nurture their student's mental health.

The sphere of activity is not confined to the classroom; students are invited to take Wellbeing activities home. Consequently, children are supported to develop a shared language to explore Worries and Wellbeing, both at school and at home, allowing all key adults around the child a greater insight into their emotional world.



The Worry Wizard programmes aim to:

- Involve children in creative activities that will spark questions and Curiosity about mental health and how it can affect our everyday Wellbeing.
- Encourage children to develop a sense of self worth, Belief and Courage so that they feel empowered to approach a trusted adult if they have a Worry.
- Increase emotional literacy so students understand that, together, Worries can be a force for positive change.
- Raise awareness about how Worries, if not challenged, can manifest into greater issues that can have a big impact on our Wellbeing.
- Help children to recognise and celebrate their accomplishments in order to Shine.
- Help support parents/carers to unlock hope when supporting a child with Worries.

FORMATS:

From Worries to Wellbeing (KS1 & KS2)

(45 minute assembly & 4 x 1 hour workshops)

Comprising of a whole school assembly at the start of the day, plus 4 x 1 hour workshops with selected class groups of 30 students, this programme is the perfect introduction to nurturing 'Wellbeing'.

COST: £425 plus VAT



I've Got Magic Inside Me (EYFS)

(Up to 5 x 45 minute workshops)

Designed specifically for early years, The Worry Wizard is pleased to be able to support children as young as 4 recognise what they can do to help their Wellbeing Shine. Through story and song, they will begin to explore the language and actions needed to get Active with their Worries.

COST: £375 plus VAT- Full day (Up to 5 x 45 minute sessions)

£250 plus VAT- Half day (Up to 3 x 45 minute sessions)



Worries- We've Got This! (KS1 & KS2)

(5 x 1 hour workshops)

Follow on workshops for students who have already taken part in our initial 'From Worries to Wellbeing' programme. A great refresher and opportunity to delve deeper into what we can do, Together, to help our Wellbeing Shine.

COST: £375 plus VAT



FOR MORE INFORMATION OR TO MAKE A BOOKING PLEASE CONTACT LAUREN KENNARD
t: 0800 448 0864 e: info@bigfootartseducation.co.uk
www.bigfootartseducation.co.uk

Here for You (KS1 & KS2)

(2 x 2 hour workshops)

Accompanied by a beautiful animation, this workshop aims to gently guide children and young people through conversations about loss and how best to support one another with grief.

COST: £375 plus VAT



From Here to There; Transition (KS2)

(Up to 3 x 90 minute workshops)

Focusing on the move from Primary to Secondary school, these workshops explore how we can best equip ourselves, both physically and emotionally, with the tools needed to navigate change.

COST: £375 plus VAT



Wellbeing Shine Residency (KS1 & KS2)

(12 days with up to 5 x classes per day)

Delivered across a 12 week period, up to 5 x classes will participate in 1 hour weekly sessions with their teachers in order to explore the TEN Worry Wizard Qualities necessary to embed long term emotional resilience.

COST: £3,600 plus VAT (£300 per week)



Important to know:

- It is hugely important that we support children to learn skills that can help them to manage their Worries.
- If a child is unable to manage their Worries, their Wellbeing may be affected. A child may feel that Worries have removed the fun from their day, leaving them feeling lonely and lost.
- Adults may notice changes in a child's behaviour; perhaps they are unable to enjoy the activities they used to enjoy.
- The Worry Wizard's tried and tested techniques can be utilised to help children develop tools in order to manage their Worries and build a positive sense of self.



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